



Vibe Education Offer

Expert Youth Work

www.vibeuk.org



Vibe is all about relationships. Our culture is based on working collaboratively to create nurturing and mutually supportive relationships.



Kind

Kindness is at the heart of what we do. We care for and respect young people and by developing their self-belief we support them to become proactive members of their communities.



Passionate

Vibe is committed in heart and mind to inspire young people, we want to hear their views and we want to champion young people and their opinions.



Integrity

We are honest, open and real. We are genuine and consistent in our values and in our actions.



Optimistic

I can! You can! We can!
We develop and empower young people to look for the good in themselves and other people.

Introduction

The power of youth work

Youth work based in schools is to support young people's development at different stages of their lives.

Vibe know the importance of making sure young people do not feel alone and that help is available to them through their difficulties and barriers they face. Vibe believe that youth wellbeing is best supported when schools and youth work professionals work together towards a common goal. Vibe's youth work based within schools, works along the same principles as youth work that takes place in youth spaces, but it supports youth development whilst at school. Youth work at school has been proven to be effective at supporting young people's wellbeing, providing early intervention, giving youth a sense of community, motivation and increasing participation.

Vibe believes that Youth work, alongside school's curriculum, helps to improve young people's educational experiences, young people's wellbeing and the achievement of children and young people. Vibe's programmes continue to support youth work, school leaders and practitioners to work together to achieve better outcomes for the young people we serve.

We are dedicated to supporting young people to build positive relationships and embed this within a range of inclusive interventions, activities, structured programmes and interventions, designed around specific focused themes. We work with young people to understand their needs, their challenges, their aspirations and help young people to build positive relationships.

Together, we can create opportunities for young people which are safe, fun, co-produced and designed to meaningfully engage. Enabling young people to make the most of their relationships and feel connected to and proud of themselves and their community.

Vibe have and can build strong relationships between youth workers and schools, creating a shared understanding of roles in education and the different approaches that achieve a shared positive outcome for the young people.



Vibe's Offer

Outdoors

LORD DERBY AWARD	5
DofE AAP approved activities provider	6
OCR (Oxford Cambridge and RSA)	6
PRINCES TRUST	7
RESIDENTIAL EXPERIENCE	7

Targeted

PVP (POSITIVE VIBES PROGRAMME)	8
STOP THE KNIVES ENDING LIVES	9
OUT COLD (Drugs and Alcohol)	9
BE YOURSELF (Safe spaces LGBTQI+)	10

Connect

YOUTH WORK OFFER IN SCHOOLS	11
TRANSITION PROGRAMME	12
DROP DOWN DAYS (focus of RSE curriculum)	12
TEAM BUILDING AND ENRICHMENT DAYS	13

Programmes

RELATIONSHIPS (Inc. sexual health)	14
TCT (Total Commitment Training)	15
ELEVATE	15
WYHA? (Where's your head at?) Mental health and wellbeing programme	16
EMF (Eat, Move, Feel)	16

Outdoors

Our amazing outdoor education team offer a vast range of land and water activities including climbing, archery, bushcraft, canoeing and kayaking.

Vibe Outdoors is a unique outdoor experience, which provides visitors with a chance to push boundaries, grow confidence and discover capabilities in a safe and affirming environment. Vibe Outdoors is the ultimate place for young people to experience adventure and reconnect with themselves and others.

Whether it's a place to build on their skills, take part in an accredited course in RYA dinghy sailing or British Canoeing paddle sport – or if they want to embark upon an award programme such as the DofE, Lord Derby Award, and Prince's Trust Achievement Award – our outdoor challenges all offer fantastic opportunities to help young people to build their confidence and feel positive about themselves.

Lord Derby Award (LDA)

The prestigious Lord Derby Award is supported by the current Earl of Derby and is exclusive and unique to Vibe Outdoors. This adaptable Award is aimed primarily at young people, but is open to all ages! If you think this may work for a specific group please get in touch.

We hope that the worthwhile activities experienced and new skills developed whilst gaining the award, will make younger people think about going on to participate in and achieve the Duke of Edinburgh Award, when they're old enough.

The Lord Derby Award comprises 4 progressive award levels (Purple; Pink; Blue; and Yellow) and is made up of four sections: **Skill, Physical, Community and Adventurous Activities.**

✉ outdoor@vibeuk.org



DoFE AAP

As an Approved Activity Provider (AAP) and a licensed partner of the Duke of Edinburgh for over 30 years, we can support you in delivering the expedition section at all levels of the Duke of Edinburgh's Award. We offer expertise in delivering expeditions on foot, canoe/kayak and sailing dinghy. We can also provide activities for DOFE skill, physical and volunteering sections.

Our bespoke offer includes:

- Kit hire for on foot expeditions
- Pre expedition advice, resources and training
- Practical advice for leaders and participants
- Route planning and risk assessments
- Campsite fees and bookings for participants and staff
- Accredited assessors
- Logistics
- Transport (additional cost applies)
- Kit hire for afloat expeditions (additional cost applies)



✉ outdoor@vibeuk.org

OCR

(Oxford Cambridge and RSA)

RO56 Developing knowledge and skills in outdoor activities. Vibe Outdoors can provide a variety of outdoor activities as part of this offer. Young people complete a series of tasks that take them on their learning journey through care and use of equipment, safe practice, communication skills, decision making, team working skills and problem solving. Vibe outdoors instructors guide and support the young people throughout the programme and complete their assessment.



✉ outdoor@vibeuk.org

Princes Trust

This is an accredited personal development award which works to support young people to fulfil their potential. It provides a more practical approach to learning, tailored for young people who may find themselves either unemployed or struggling with a formal education setting.

The programme is adaptable and can be tailored to maximise interest of even the most hard to reach young people. The Achieve Award has a flexible curriculum aimed at supporting young people to gain new skills and qualifications to the best of their abilities. This consists of skills for school, personal and social development, life skills, enterprise projects, active citizenship, and preparation for work.



✉ outdoor@vibeuk.org

Residential Experiences

At Vibe, we know that young people thrive when learning outside of the classroom; in particular when experiencing an outdoor educational residential trip/experience. Vibe outdoors residential experiences can be tailored to each school's requirements, and can include a wide range of water sports, rock climbing and day walks as well as team activities.

Vibe Outdoors have been delivering outdoor adventure residentials to primary and secondary school groups for over 30 years. Our school residentials are based across the north of England and Wales.



✉ outdoor@vibeuk.org

Targeted

We support young people with a range of needs and issues through our referral-based target programmes.

This could be through One to One or small group support with young carers, young people not in Education or Training, young people with special educational needs and disabilities with holistically framed bespoke programmes.



Stop The Knives Ending Lives (STKEL)

(offensive Weapons)

A programme which aims to reduce the prevalence of knife carrying and use of weapons by young people, increase their knowledge and awareness on knife crime and legal consequences and provide them with strategies to keep themselves safe without resorting to carrying weapons.

hello@vibeuk.org

Positive Vibes Programme (PVP)



Positive Vibes is a five-week project, designed to work with young people aged 10-16 who are at risk of criminal activity and violence.

Our aim is to advance the wellbeing and prospects of the young people who attend. By taking part in the programme, young people will build learning and resilience to make positive life choices beyond the programme.

The programme involves Total Commitment Training, Neuro-Linguistic Programming, and Consequences of Choice sessions, as well as team working, goal setting, confidence building, and setting personal challenges. It is underpinned by the Vibe Theory of Change, supporting young people to develop their relationships over four levels.

Each participant will be directly supported by a Vibe Youth Worker as a mentor, who will undertake the journey alongside them.

outdoor@vibeuk.org

Good Choices

(Drugs and Alcohol)

Vibe's Good Choices programme is designed to introduce and develop alcohol awareness and substance misuse among young people.

Experience teaches us that all students are going to experience alcohol, and drug use, whether through personal use or through friends and their peers, so it's crucial that they understand the consequences of drinking alcohol and substance use and the potential impact it will have on their lives in the future, our sessions are delivered with this in mind.

Through role play, media and participation Good Choices takes young people on a journey of discovery, focused on prevention and understanding risks.

hello@vibeuk.org



Be Yourself

(Safe spaces LGBTQI+)

Creating a safe space in schools for LGBTQ youth, school can be tricky place to explore who they are and how they identify, especially if they face harassment, are victims of discrimination and have a lack of access to resources

Be Yourself was set up by Vibe, to provide a safe space where young people are empowered to embrace their development and growth confidently and to participate as agents of positive social change. Be Yourself provides direct youth work, enabling young people to access a safe space, this can be within a school setting or a community space.



Connect

Vibe is located in key locations across the area for young people. Our expert youth workers deliver fun and engaging sessions and offer a variety of sports, arts and crafts, games and social activities.



✉ hello@vibeuk.org



Youth work offer in schools

(engagement sessions)

Youth work based in schools' is to support young people's development at different stages of their lives. Vibe know the importance of making sure young people do not feel alone and that help is available to them through their difficulties and barriers they face. Vibe believe that youth wellbeing is best supported when schools and youth work professionals work together towards a common goal.

Vibe's youth work based within schools, works along the same principles as youth work that takes place in youth spaces, but it supports youth development whilst at school. Youth work at school has been proven to be effective at supporting young people's wellbeing, providing early intervention, giving youth a sense of community, motivation and increasing participation.



✉ hello@vibeuk.org



Transition programme

1 day, 2 weeks, bespoke to your needs

At Vibe we build our sessions on educating young people around the importance of healthy relationships, no time is this more important for young people, as it is when they make that transition from primary to secondary school. Vibe's transition programme focuses on boosting students confidence, supporting them in establishing relationships with their peers and pushing their limits to try new activities, preparing them for the academic year ahead and life in secondary school.

✉ outdoor@vibeuk.org

Drop down days

(focus on RSE curriculum)

Drop Down Days, delivered by Vibe, are 'off-timetable' days for young people, our sessions replace structured classroom lessons with activities used to strengthen students' applied skills and knowledge in a chosen area, providing an in depth learning experience. Subject areas range from consent, to sexual health workshops and what makes a healthy relationship.



✉ hello@vibeuk.org

Team building and Enrichment days

Vibe are experienced in providing team building days that can be bespoke and tailored to the needs of your organisation, whether it's for a class, whole year group or for the staff team, we have a programme of activities for you. These days can be held at the venue of your choice or can be hosted by us at one of our outdoor education centres in the north west.



✉ outdoor@vibeuk.org

Programmes

We reflect what young people tell us they want in our range of structured programmes. These are designed around themes such as social action, crime prevention, health improvement, and community cohesion.



Relationships

(including sexual health)

Vibe's relationship programme is designed for young people aged 11-16, through a series of activities it raises young people's awareness and understanding of the importance of good, healthy relationships. Activities and small group work takes young people on a journey through Vibe's relationship framework and enables young people to explore their relationship with themselves, their peers, family, community and beyond, identifying the barriers to good relationships and the positive outcomes understanding a relationship can bring.



✉ hello@vibeuk.org

Total Commitment Training (TCT)

This three-day course is developed to enable people of all ages to develop positive relationships, enhance their resilience, and utilise positive reflection techniques

Day 1: Interpersonal, motivation, teamwork, problem solving, communication, strategic thinking, cooperation and compromise skills training all structured around practical delivery exercises.

Day 2: Creative thinking, adaptability, dealing with stress and responsibility, coordination and assertive skills training all structured around practical delivery exercises.

Day 3: Confidence, listening, resilience and reflection skills concluded with making a commitment beyond the programme all encompassed through the 'final challenge' aspect of this element.



✉ hello@vibeuk.org

Elevate

Elevate is a unique personal and social development 12-month programme for young people aged 14-17. The programme is designed to support young people to develop healthy relationships with themselves and others. It aims to build confidence, resilience, and aspirations, and develop leadership skills. Elevate offers young people opportunities and support to ensure they can identify and achieve their personal goals, and each programme is tailored to meet each young person's individual needs.



✉ hello@vibeuk.org

WYHA?

Where's your head at?

Mental health and wellbeing programme

Where's Your Head At (WYHA?) is a twelve-week project focusing on improving your mental health and wellbeing through engaging activities. Work with Vibe youth workers and have a listening ear and a safe space. Sessions are themed around the 5 Ways to Wellbeing and Vibes Relationship Model.

✉ hello@vibeuk.org



Programme Information

EMF

Eat, Move, Feel programme focusing on exercise, nutrition and emotional health

Eat, Move, Feel is a lively, interactive and challenging programme for young people. Delivered in School setting, as after school club or lunch activity, the programme is designed to support young people to manage their health through a holistic fun approach. Focusing on nutrition, physical activity and emotional wellbeing to bring about informed choice for young people.

✉ hello@vibeuk.org



Vibe Outdoors Programmes

Programme	Length of programme / session	Minimum number in session	Guide price per cohort (from)	Guide price per head (from)
Lord Derby Award (LDA)	12 hours	20+	£500.00	£25.00
DofE AAP - Bronze *	2 days	7	£875.00	£125.00
DofE AAP - Silver *	Minimum 5 days	7	£2,275.00	£325.00
DofE AAP - Gold *	7 days	7	£2,975.00	£425.00
OCR RO56 (Oxford, Cambridge & RSA) with report	1 day	8	£500.00	£62.50
OCR RO56 (Oxford, Cambridge & RSA) without report	1 day	8	£260.00	£32.50
Princes Trust (1,2 & 4 day programmes available)	1 day	15	£750.00	£50.00
Residential Experiences	Varies	16	Costs dependent upon individual requirements. Please contact us for a bespoke price.	
Team Building Days	min 1/2 day	8		
* prices based on expeditions on foot.				
Note - transport can be provided at additional cost.				

Vibe Programmes

Programme	Length of programme / session	Minimum number in session	Guide price per cohort (from)	Guide price per head (from)
Targeted:				
Stop The Knives Ending Lives	2 hours	15	£350.00	£23.33
Out Cold (Drugs & Alcohol)	2 hours	15	£350.00	£23.33
Positive Vibes Programme (PVP)	5 weeks	15	£15,000.00	£1,000.00
Be Yourself (Safe spaces LGBTQI+)	Weekly drop-in (38 weeks)	No minimum	£4,066.00	N/A
Total Commitment Training (TCT)	3 days	15	£2,150.00	£143.33
Elevate	26 weeks	15	£15,150.00	£1,010.00
Where's Your Head At (Mental Health & Wellbeing)	12 weeks (+12 weeks follow-up)	15	£13,150.00	£876.67
Relationships (including sexual health)	12 hours	15	£1,450.00	£96.67
Eat, Move, Feel	12 weeks	15	£4,000.00	£266.67
Connect:				
Youth Work Offer in Schools (engagement sessions)	Bespoke (price based on 38 weekly sessions 1hr face to face)	No minimum	£6,950.00	N/A
Transition Programme (Bespoke)	1 day to 2 weeks (price based on 1 day at Outdoor Education Centre)	30	£1,200.00	£40.00
Drop Down Days (focus on RSE curriculum)	3- 6 hours (price based on 3 hours)	100	£1,700.00	£17.00



Get In Touch

GENERAL ENQUIRIES

✉ hello@vibeuk.org

